

Kids Take Action!

Join a group to promote substance-free choices.

Ideas for groups or to do on your own:

- Create substance-free social or sports events
- Start a letter writing campaign to your town or city officials and newspapers to support activities that are substance-free
- Ask local restaurants to provide totally smoke-free dining rooms
- Know the “help-network” contacts in your school and town to refer friends who are looking for help with an addiction problem
- Be a buddy to a friend who is trying to stop using alcohol, tobacco, or other drugs
- Educate store owners in your town about the influence of tobacco advertising on kids’ decisions to start using tobacco
- Teach younger kids to be substance-free in your school or community

Remember to have fun!

- Work with a hiking or nature club to organize a weekend adventure for you and a group of friends
- Have a sundae party to celebrate



For more information and support:

1-800-KID POWER or www.youthactivism.com

1-800-284-KIDS or web site at www.tobaccofreekids.org

www.drugfreebunnyNH.org



For more Fact Sheets please go to www.ParentHelpNH.org

Children’s Hospital at Dartmouth, Injury Prevention Center, NH Department of Health and Human Services,
NH Department of Education, NH Pediatric Society, SAFE KIDS NH & Partnership for a DrugFreeNH.org